

Roasted Broccoli Steaks and Salsa Verde

with Harissa Couscous, Roasted Tomatoes and Cheese

Classic 30-35 Minutes • Mild Spice • 3 of your 5 a day • Veggie













Baby Plum Tomatoes





Vegetable Stock





Garlic Clove



Red Wine



Harissa Paste



Greek Style Salad Cheese

Pantry Items Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, baking tray, aluminum foil, bowl, cling film and fine

Ingredients

9				
Ingredients	2P	3P	4P	
Broccoli**	1	11/2	2	
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets	
Baby Plum Tomatoes	125g	190g	250g	
Couscous 13)	110g	180g	240g	
Vegetable Stock Paste 10)	10g	15g	20g	
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch	
Mint**	1 bunch	1 bunch	1 bunch	
Garlic Clove**	1/2	1	1	
Red Wine Vinegar 14)	12g	18g	24g	
Harissa Paste	50g	75g	100g	
Greek Style Salad Cheese** 7)	100g	150g	200g	
Pantry	2P	3P	4P	
Boiled Water for the Couscous*	220ml	360ml	480ml	
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	393g	100g
Energy (kJ/kcal)	2365 /565	602/144
Fat (g)	28.4	7.2
Sat. Fat (g)	9.2	2.4
Carbohydrate (g)	51.3	13.0
Sugars (g)	9.1	2.3
Protein (g)	21.9	5.6
Salt (g)	2.85	0.73

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

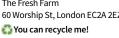
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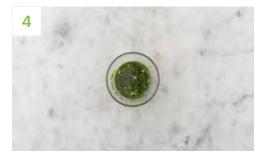
Prep your Broccoli Steaks

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Trim the stem end of the **broccoli** and pull off any leaves. Cut 1-2cm thick 'steaks' (1 per person) by slicing from the stem base to the top. Cut the remaining **broccoli** into florets.

Place the **broccoli steaks** and **florets** on a baking tray. Sprinkle over the chermoula spice mix, drizzle with oil and season with salt and pepper. Toss to coat.

Roast on the middle shelf of your oven until golden and tender, 18-20 mins. Turn halfway through. TIP: The broccoli is cooked when you can easily slip a knife through the thickest part of the stem.



Salsa Verde Time

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks), then peel

If you don't have a food processor, finely chop the parsley and mint, then grate the garlic. Add them to a medium bowl with the olive oil for the salsa (see pantry for amount) and red wine vinegar. Season with salt and pepper and mix well.

If you have a food processor, whizz all the same ingredients together to make your salsa verde.



Roast the Tomatoes

Meanwhile, halve the tomatoes and pop them onto a piece of foil with a drizzle of oil, then season with salt and pepper.

Fold the foil, sealing on all sides to create a **parcel**. Pop onto a baking tray and roast on the bottom shelf of your oven until softened, 15-18 mins.



Make the Couscous

While everything roasts, put the couscous in a bowl.

Pour in the boiled water for the couscous (see pantry for amount), stir in the veg stock paste, then cover tightly with cling film.

Leave to the side for 10 mins or until ready to serve.



Spice up the Couscous

When the **couscous** is ready, fluff it up with a fork and stir through the harissa paste (use less if you'd prefer things milder).



Finish and Serve

Share your harissa couscous between your bowls, then top with the broccoli steaks, florets and roasted tomatoes.

Finish by spooning over the salsa verde and crumbling the Greek style salad cheese over the top.

Enjoy!